MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 2, 2017/2018

PSE0025 – SOCIAL AND EMOTIONAL HEALTH

(All sections / Groups)

12 MARCH 2018
9.00 A.M. – 11.00 A.M.
(2 Hours)

INSTRUCTIONS TO STUDENT

1. This question paper consists of **TWO pages.**
2. Answer **ALL** questions.
3. Write your answers in the Answer Booklet.

STRUCTURED QUESTIONS [50 MARKS]

Instructions: Answer **ALL** questions. Write your answers in the Answer Booklet.

Question 1

Zay: Hi, Amy. Would you like to join my group for the assignment?
Amy: Hi, I don't know you and your group members. I don't like group assignment and group discussion. Why can't I do all my work alone? Why do I have to build relationship with strangers?
Zay: Amy, being alone all the time is unhealthy. We need to make some friends. Friendship brings us a lot of benefit.

a) Elaborate Zay's point when she said "Friendship brings us a lot of benefit".

(5 marks)

b) Explain **FIVE (5)** characteristics of healthy relationships.

(5 marks)

Question 2

According to Chickering and Reisser (1993), in the process of developing identity, college students first experience improving intellectual, physical and interpersonal competences. Besides, college students learn to manage their emotions where they find a balance between self-control and self-expression.

Explain the other **FIVE (5)** vectors that students address throughout their college years.

(10 marks)

Question 3

"*When emotional intelligence first appeared to the masses in 1995, it served as the missing link in a peculiar finding: people with average IQs outperform those with the highest IQs 70% of the time. This anomaly threw a massive wrench into what many people had always assumed was the sole source of success—IQ. Decades of research now point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack.*" (TalentSmart Inc., 2017)

Explain the **FIVE (5)** major parts of emotional intelligence that may contribute to this finding.

(10 marks)

Continued...

Question 4

Examination is around the corner but Ivy has not started her revision. She often sweats and complains of experiencing muscular tension and indigestion.

a) Besides the above mentioned physical symptoms, what other symptoms you might see on Ivy?

(7 marks)

b) Explain a stress coping strategy Ivy could use to manage her stress.

(3 marks)

Question 5

Life can be full of stressful situations and crises. One has to be able to adapt to adversity. This is where emotional resilience takes place.

Discuss **FIVE (5)** methods to improve emotional resilience.

(10 marks)

End of Paper